

Wellness Events

On Campus

University Recreation Center

- Restorative Yoga & Meditation on Tuesdays 6:45-7:45pm and Wednesdays 8-9pm
- A variety of yoga [classes](#) offered multiple times a day, 7 days a week
- [Wellness](#) programs that involve stress management for students and faculty. This semester we have: Chakra Meditation for deep healing and balancing, easy ways to boost your mood, how wealth is linked to health, mindfulness meditation, 5 more meditation programs, stress less for success..
- Faculty/staff only yoga classes, we teach a hatha class that is rejuvenating and helps participants find their own strength
- Check out outdoor adventure equipment and go for a nice day adventure outside. UREC offers canoes, kayaks, paddle boards, bikes, camping equipment etc.

Talent Development

- [Sometimes you Win, Sometimes you Learn](#)
- [5 Choices](#)
- [Boom or Bust](#)
- [Making Friends with Stress](#)
- [The Value of Play in Your Personal and Professional Life](#)

Other Events:

- [Community Yoga at Arboretum](#)
- [Madison Meditates](#)
- [Movies on Campus](#)
- [Planetarium](#)

Off Campus

[Candlelight Hot Yoga](#) October 21 5:30pm-7pm Harrisonburg

[BASI Pilates Mat Class](#) October 23 2pm-4pm Harrisonburg

[Suicide Prevention Roundtable](#) October 27 3:30pm-5pm Waynesboro

[TEDx Charlottesville](#) November 11 9am-5:30pm Charlottesville

[Synergy Success](#)

Additional events after the campaign is over:

[Heartsounds of Peace and Healing](#) December 3 5:30pm-7pm Harrisonburg

[Yoga with Horses and Beer](#) December 7 6pm-7pm Waynesboro



KEEP
CALM
and
BE
WELL



